RABI CAMPAIGN (1974)
SERIES: No. 4

Raise Your Kitchen GARDEN

RAISE YOUR KITCHEN GARDEN

Growing more vegetables at home means much less you buy from the market. Thus, this will help in reducing the strain on your family expenditure. Moreover, home grown fresh vegetables taste better. Growing ones own vegetables also means keeping the market prices down. On larger areas one can grow all the vegetables and also all the year round. Even if you have limited space you can grow at least a few vegetables of your choice, which you find difficult to obtain them from the market at normal rates. You can even consume more of vegetables if you start growing them in your garden. As a matter of fact dieticians recommend nearly 280.5 gm of vegetables per head per day of which 85.05 gm should comprise root vegetables, 113.40 gm leafy vegetables and 85.05 gm other vegetables. But our average consumption is not more than 70.88 gm; which is a very low figure.

You need not be an agricultural expert for raising a kitchen garden. All that you need is a little knowledge of some basic things and of course, to spend at least an hour daily. Follow the following tips in raising your kitchen garden successfully.

LAYOUT AND CROP MANAGEMENT

SELECTION OF SITE : In most of the cases, there is limited choice for the selection of site for a kitchen garden. As far as possible the location should be such that :

1) Plants should be close to the water source.
2) A rectangular garden is preferable to a square one.
3) Where no open space is available you can grow in pots and boxes; vegetables like french beans, tomato, brinjal; etc.
4) You require handy tools such as *khurpi*, spade, handfork, watering can, hand sprayer, dust gun; etc.

a) Perennial fruit plants like papaya, banana and lime should be located on northern side of garden, so that they may not shade other vegetable plants you grow.

b) Early maturing crops should be planted together in rows so that the area may be available at once for late crops.

c) If you have more space better grow potato, sweet potato, onion and colocasia (storage type) in the larger area.

d) Succession of sowing of one particular crop at short intervals should be made to ensure a steady supply of vegetables.

e) Dig out one or two compost pits in a shaddy corner of your kitchen garden. Dump all garden waste including ash and other house waste into it.

f) Utilize the ridges for growing root crops like radish, turnip, carrot, beet, etc.

g) Always sow them in proper time for getting good crops.

h) Use best quality seeds. Better obtain them either from a Research Station or a reliable source such as National Seeds Corporation,as the success of your vegetable garden depends on the utilization of best quality seeds.

i) Draw a plan of available space on a paper. Measure area and divide the plots. Three plans alongwith rotations of crops to be followed for large, medium and small kitchen gardens are given in the end for your guidance.

PREPARATION OF LAND

After layout of small beds, apply well rotten farmyard manure and mix it thoroughly in beds and ridges about 15 days earlier to sowing.

Use always composite fertilizer that supplies NPK. Better mix it before sowing. Add nitrogenous fertilizers after germination or transplanting to foster quick vegetative growth.

IRRIGATE PROPERLY

Water the crop regularly. It should neither mean mere sprinkling of water nor flooding the pots. Irrigate as little as possible during the rains and also drain excess water by opening trenches. Frequent hoeings and weedings to keep off the weeds are essential.

GUARD AGAINST PESTS AND DISEASES

Vegetables, like other crops are attacked by several pests and diseases. Rotting of seeds, death of seedlings, spotting of leaves, stunted growth, yellowing of plants, dropping of flowers and fruits and boring of stem, fruits, etc. are commonly seen. Therefore, plant protection is a must in vegetable cultivation.

Control measures against different pests and diseases are well known. Several insecticides and fungicides are available in the market. Better keep some stock of the important ones such as malathion, metasystox, Rogor, Foliathyan, Thiride, Captan, Dithane-Z, etc. to use against the pests and diseases.

These chemicals are to be used or handled very carefully against appropriate pests and diseases because in some cases fresh vegetables carry spray residues, which are injurious to human health. A suitable hand sprayer and dust gun are essential for spraying and dusting.

If white ants is a problem, mix 2 to 4 ozs of 10 per cent Eldrin or Dieldrin dust in soil before sowing.

A well kept kitchen garden, always ensures you plenty of nutritious fresh vegetables. Better put your efforts now for raising a kitchen garden if not already done.

Consult your Gram Sevak, Agri. Extension Officer or Horticulture Assistant for further details.

CROP ROTATIONS FOR A MODEL KITCHEN GARDEN : AREA 0.05 ACRES (ABOUT 200 SQ. METRES)

1.	Early Cauliflower (July-Oct.)	Lettuce (Oct.-Dec.)	Onion (Dry Bulb) (Jan.-June)		
2.	Potato - Cowpea (Oct.-Jan.)	Bhindi (Feb.-May)	(June-Sept.)		
3.	Brinjal (July-Nov.)	Onion (Green) (Nov.-Feb.)	Tinda (Feb.-June)		
4.	Cabbage (Oct.-Jan.)	Brinjal (Feb. June)	Radish - Palak (June-Aug.)	(Aug.-Oct.)	
5.	Cauliflower (Sept.-Dec.)	Tomato (Jan.-June)	Cowpea (June-Sept.)		
6.	French bean (Sept.-Dec.)	Knol khol (Dec.-Feb.)	Guar (Feb.-June)	Sweet Potato (June-Sept.)	
7.	Bhindi - Carrot (June-Sept.)	Cauliflower (Sept.-Nov.)	Radish (Nov.-March)	(April - May)	
8.	Turnip - Cabbage (Sept.-Oct.)	Cowpea (Nov.-March)	(March-June)		

Crops for diversified plot

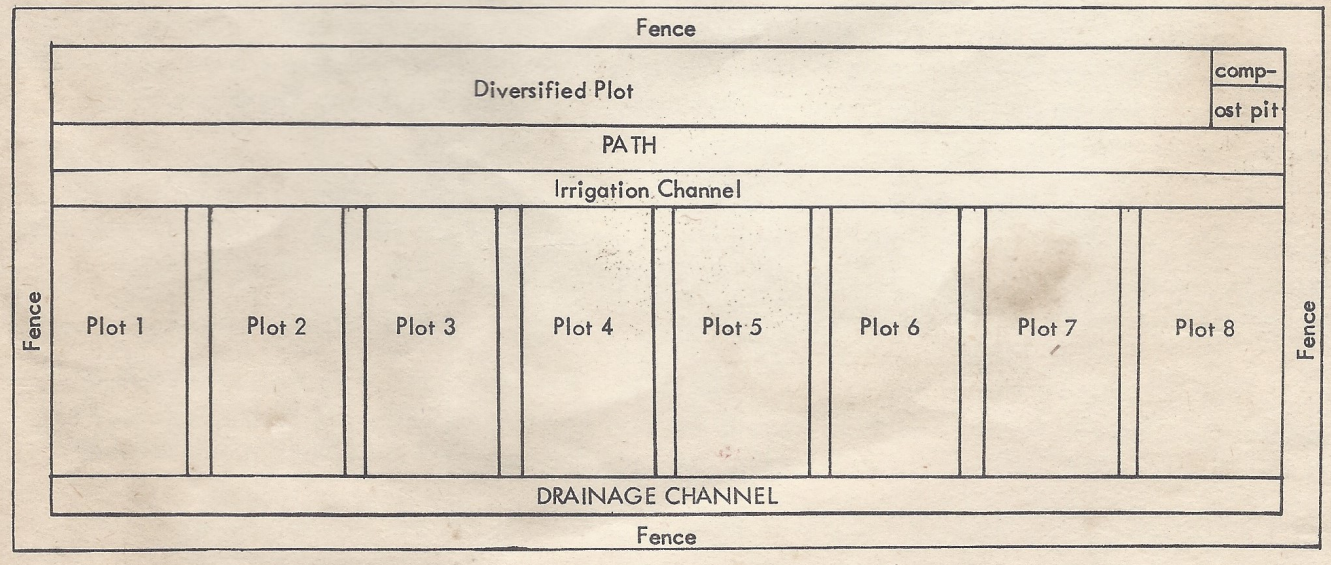
1. Palak
2. Methi
3. Lettuce
4. Mustard
5. Chillies
6. Mint

Other Vegetables

Fruit Plants

Papaya
Banana
Kagzi lime

LAYOUT PLAN OF A MODEL KITCHEN GARDEN — AREA = 0.05 ACRE



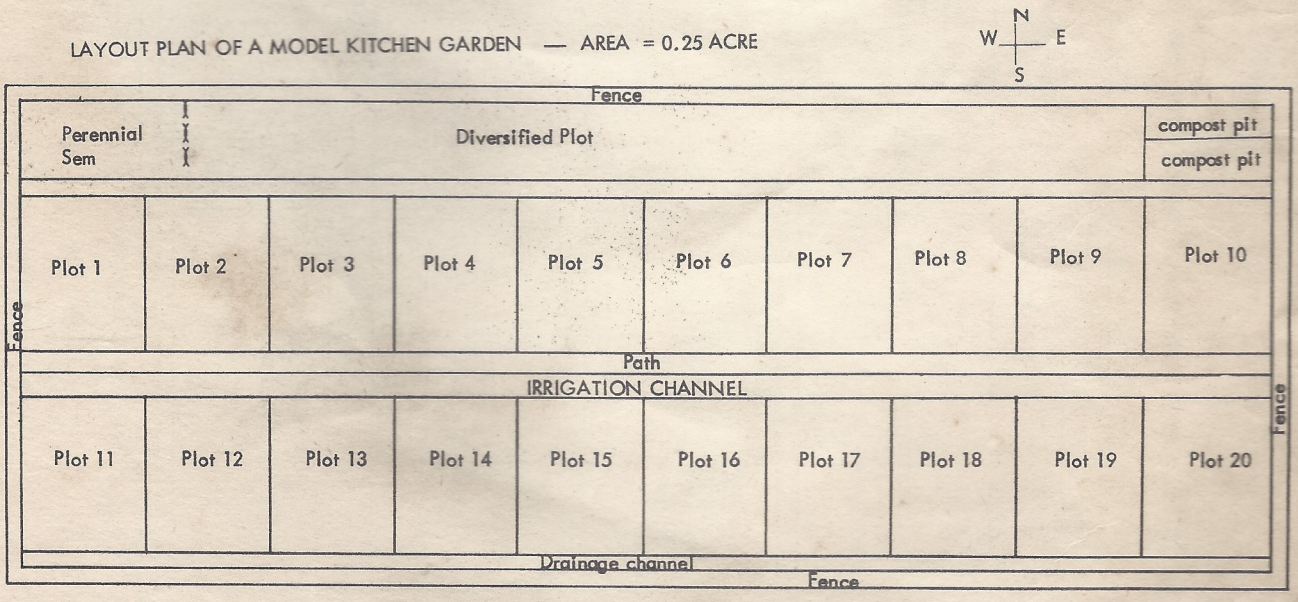
Total Area = 0.05 Acre
Total length = 72' or 73'
Total width = 30'
Path = 2.5'
Irrigation Channel = 2'
Net plot size = 15' x 8'

Diversified Plot = 4' x 70'
Fence at all sides = 2'
Total number of plots = 8
Bunds between plots = 1' or 1½'
Drainage channel = 2'

MODEL KITCHEN GARDEN : AREA 0.25 ACRES (ABOUT 1000 SQ. METRES)

Plot 1 and 2	Early Cauliflower (July-Oct.)	Peas (Oct.-Jan.)	Bhindi (Feb.-June)	*Crops for diversified plot*
Plot 3-4-5	Potato (Oct.-Jan.)	Onion (Dry) (Jan.-June)	Sweet Corn (July-Sept.)	1. Amranthus
Plot 6 & 7	Brinjal (Aug.-Dec.)	Radish (Jan.-Feb.)	Cowpea (March-June)	2. Lettuce
Plot 8 - 9	Cauliflower (Sept.-Dec.)	Tomato (Jan.-June)	Palak (July-Sept.)	3. Methi
Plot 10	Turnip (Sept.-Oct.)	Cabbage (Nov.-March)	Cowpea (March-July)	4. Mustard
Plot 11 - 12	Sweet Potato (July-Nov.)	Cauliflower (Nov.-Feb.)	Snowball - Cluster Bean (Feb.-June)	5. Chillies
Plot 13 - 14	French Bean (Sept.-Dec.)	Knol Khol (Dec.-Feb.)	Guar - Turnip Early (Feb.-June) - (July-Sept.)	6. Mint
Plot 15 - 16	Bhindi (July-Early Oct.)	Peas-Pumpkin (Oct.-Jan.)	(Feb.-June)	7. Other minor vegetables
Plot 17 - 18	Bottlegourd (July-Nov.)	Turnip (Dec.-Feb.)	Cucumber (Feb.-June)	*Fruit Plants*
Plot 19 - 20	Potato (Oct.-Jan.)	Onion (Dry) (Jan.-June)	Radish (July-Sept.)	1. Papaya
				2. Grape vine
				3. Citrus
				4. Guava
				5. Banana

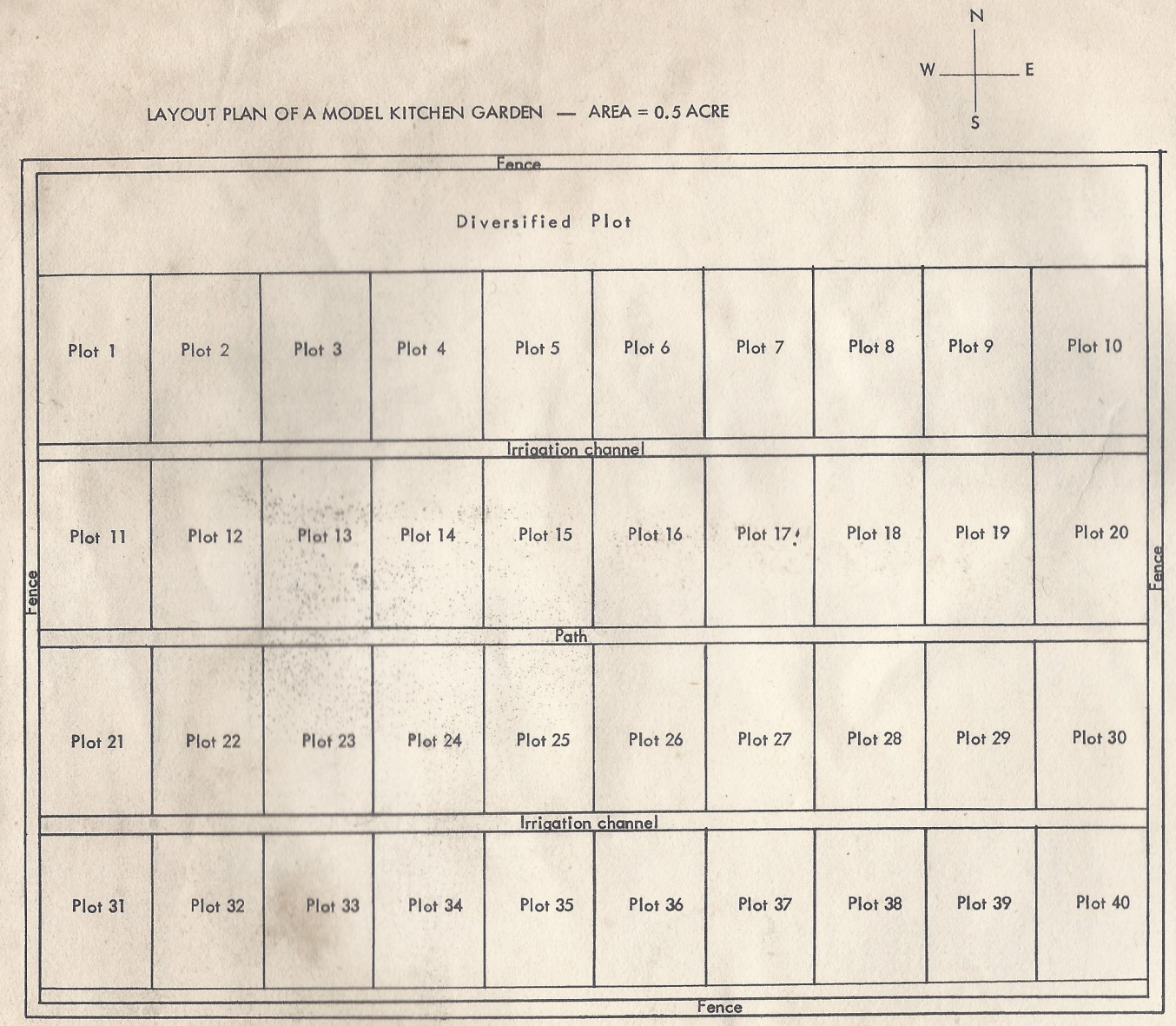
LAYOUT PLAN OF A MODEL KITCHEN GARDEN — AREA = 0.25 ACRE



Total Area = 0.25 Acre
Total length = 165'
Total width = 65'
Path = $2\frac{1}{2}$' to 3'
Irrigation channel = 2' to $2\frac{1}{2}$'

Fence at all sides = 2'
Net plot size - 20' x 15'
Bund between plots = 1' or $1\frac{1}{2}$'
Diversified plot = 10' x 160'or 162'
Total number of plots = 20

LAYOUT PLAN OF A MODEL KITCHEN GARDEN — AREA = 0.5 ACRE

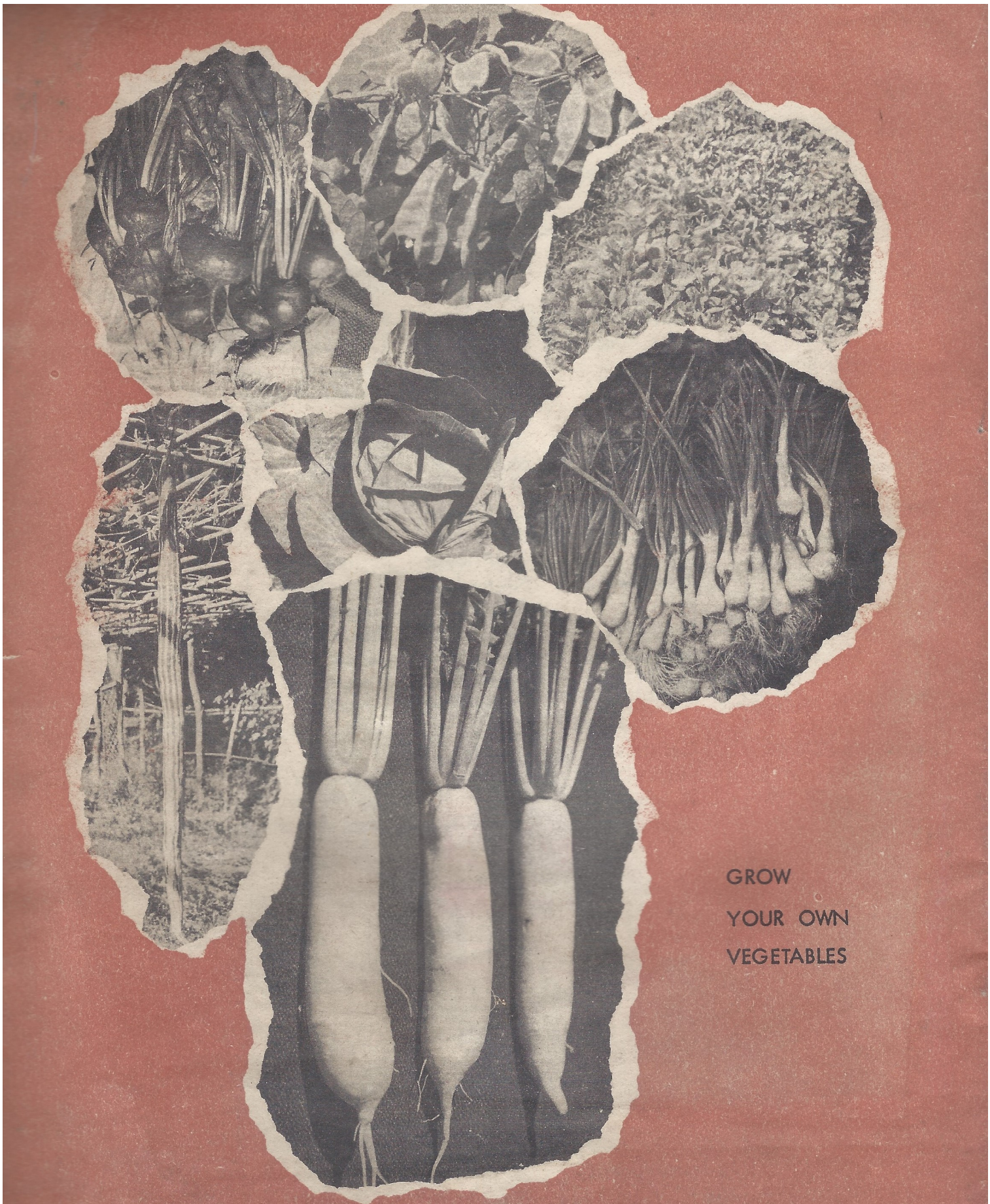


Total Area = 0.5 Acre
Total length = 168'
Total width = 130'
Path = $2\frac{1}{2}$'
Drainage channel = $2\frac{1}{2}$'

Net plot size = 25' x 15'
Total number of plots 40
Diversified plot = 15' x 168'
Fence = 2' to $2\frac{1}{2}$'
Bunds between channels = $1\frac{1}{2}$'

CROP ROTATION FOR A MODEL KITCHEN GARDEN : AREA 0.5 ACRES (ABOUT 2000 SQ. METRES)

1.	Plot 1,2,3,4,5	Early Cauliflower (July-Oct.)	Peas (Oct.-Jan.)	Bhindi (Feb.-June)	*Crops for diversified plot*
2.	Plot 6,7,8,9,10	Potato (Oct.-Jan.)	(Onion (Dry) (Jan.-June)	Sweet Corn (July-Sept.)	Palak, Amranthus, Methi, Mustard Chilli, Poi etc.
3.	Plot 11,12,13	Brinjal (Aug.-Dec.)	Turnip (Dec.-Feb.)	Cowpea (March-July)	*Fruit plants*
4.	Plot 14,15,16	Cauliflower (Sept.-Dec.)	Tomato (Jan.-June)	Amaranthus (July-Sept.)	Mango, Guava, Banana Citrus, Grape, Papaya etc.
5.	Plot 17 - 18	Turnip (Sept-Oct.)	Cabbage (Nov.-March)	Cowpea (March-July)	
6.	Plot 19 - 20 - 21	French Bean (Sept.-Dec.)	Knol khol (Dec.-Feb.)	Guar (Feb-June)	Radish (Aug.-Sept.)
7.	Plot 22, 23	Carrot (Sept.-Dec.)	Muskmelon (Jan.-June)	Turnip (Aug.-Sept.)	
8.	Plot 24, 25, 26	Sweet Potato (July-Oct.)	Cauliflower (Nov.-Feb.)	Pumpkin (Feb.-June)	
9.	Plot 27, 28	Bhindi (June-Sept.)	Cauliflower (Oct.-Jan.)	Bottlegourd (Feb.-June)	
10.	Plot 29 - 30	Luffa (July-Nov.)	Fallow (Dec.-Jan.)	Cucurbits (Feb.-June)	
11.	Plot 31,32,33	Sweet Potato (July-Nov.)	Turnips (Dec.-Feb.)	Cucurbits (Feb.-June)	
12.	Plot 34,35,36	Arvi (March-April)	Methi - Radish (Aug.)	Himani (Sept.-Dec.)	(Jan.-Feb.)
13.	Plot 37, 38	Cauliflower (Sept.-Dec.)	Tomato (Jan.-June)	Cowpea (June-Sept.)	
14.	Plot 39, 40	Bhindi (June-Sept.)	Carrot (Sept.-Dec.)	Cauliflower (Dec.-March)	Radish (April-May)



GROW YOUR OWN VEGETABLES

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